



COUNTYWIDE FITNESS CHALLENGE 2013

Kick-off & Events Schedule

(Click on the blue links for more information)

- **May 18, 2013, from 8:00 a.m. until 12 noon:** [RSVP for this event here](#)
Kick-off Event featuring a **“Walk It Off!”** 5K fitness walk, health screenings, and family friendly events like face painting, an appearance by Snoopy and more!
Whittier Narrows Recreation Area
751 South Santa Anita Avenue
South El Monte, CA 91733
- **May 21, 2013, 11a.m. – 2:00 p.m.:**
Kick Off Event at Grand Park Performance lawn:
[RSVP for this event here](#)
featuring health screenings, and exercise demonstrations
210 North Grand Avenue
Los Angeles, CA 90012
11am – 2pm
- **June 15, 2012, from 8:30 a.m. until 12 noon.:** [RSVP for this event here](#)
Come by for some water fun! Featuring: kayaking & paddle boarding, a 3K hike to a look-out point, volleyball, horseshoe & games.
featuring **“Make a Splash!”**
Castaic Lake State Recreation Area
Discovery Bay
32132 Castaic Lake Drive
Castaic, CA 91384
- **July 13, 2013 at 8:00 a.m. until 12 noon.:** [RSVP for this event here](#)
Tour of Cerritos Farmers’ Market
featuring **“Stop and Smell the Flowers!”**
18074 Park Plaza Drive
Cerritos, CA 90703
- **July 27, 2013 at 8:00 a.m. until 12 noon.:** [RSVP for this event here](#)
Tour of Victory Park Farmers’ Market
featuring **“Stop and Smell the Flowers!”**
2575 Paloma Street
Pasadena, CA 91107



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- **August 10, 2013 at 8:00 a.m. until 12 noon.:** [RSVP for this event here](#)
Tour of Wilson Park Certified Farmers' Market
featuring **"Stop and Smell the Flowers!"**
2200 Crenshaw Boulevard
Torrance, CA 90501
- **August 24, 2013, from 9:00 a.m. until 1:00 p.m.:** [RSVP for this event here](#)
Dance Mania, Wellness Center & 2-mile power walk
featuring **"Get Cultured!"**
Hollywood Bowl
2301 North Highland Avenue
Los Angeles, CA 90068
- **September 21, 2013 at 8:00 a.m. until 12 noon:** [RSVP for this event here](#) #
Fitness classes, cooking demonstrations, and beach volleyball.
featuring **"Chill Out!"**
Dockweiler Youth Center
12505 Vista del Mar
El Segundo, CA 90245
- **October 5, 2013, at 7:30 a.m. until 12 noon:** [RSVP for this event here](#) #
Wilderness hikes with local guides.
featuring **"Take a Hike!"**
Kenneth Hahn State Recreation Area
4100 South La Cienega Boulevard
Los Angeles, CA 90056
- **October 19, 2013 from 8:00 a.m. until 12 noon.:** [RSVP for this event here](#)
A day of family fun featuring a "triathlon" – fitness walk, bicycle fun
ride, and pedal boat rally.
featuring **"Play For Life!"**
Santa Fe Dam Recreation Area
15501 Arrow Highway
Irwindale, CA 91706

For a poster that includes a summary of all events, please click [here](#).

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